

IVAN BOBERSKYI LVIV STATE UNIVERSITY OF PHYSICAL CULTURE
ЛЬВІВСЬКИЙ ДЕРЖАВНИЙ УНІВЕРСИТЕТ ФІЗИЧНОЇ КУЛЬТУРИ
ІМЕНІ ІВАНА БОБЕРСЬКОГО

Department of Ukrainian and Foreign Languages
Кафедра української та іноземних мов

Mariia Vorobel
Марія Воробель

ATHLETICS
(throwing)

ЛЕГКА АТЛЕТИКА
(метання)

educational materials
in English
for self-study and academic classes
in "Sports Specialization"

методична розробка
з англійської мови
для самостійної й аудиторної роботи
з теми «Спортивна спеціалізація»



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Львів 2024

Галицька Видавнича Спілка

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*Ухвалено до друку Вченою радою факультету післядипломної та заочної освіти
Львівського державного університету фізичної культури імені Івана Боберського
(протокол № 4 від 30 січня 2024 р.)*

В 75 Воробель М. Легка атлетика (метання) : метод. розробка з англ. мови для сам. й ауд. роботи з теми «Спортивна спеціалізація» / Марія Воробель. – Львів : Галицька Видавнича Спілка, 2024. – 28 с.

У методичній розробці представлено тему «Спортивна спеціалізація» (*Легка атлетика: метання*) для самостійної й аудиторної роботи студентів. Теоретичний та практичний матеріал закріплюється розширеною системою вправ на оволодіння мовним матеріалом зі спеціальності. Матеріали методичної розробки спрямовані на розвиток у студентів мовленнєвих навичок сприйняття і розуміння спеціальної спортивної літератури та формування вмінь читання, говоріння і письма. Методична розробка призначена для студентів галузі фізичної культури і спорту.

Here the topic “Sport specialization” (*Athletics: throwing*) for self-study and classroom work of students is presented. Theoretical and practical material is reinforced by an extended system of exercises, which are aimed at formation of oral and writing communication skills. Educational materials are intended for students in the field of Physical culture and sport.

УДК 796.433(076.5)

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ATHLETICS: THROWING EVENTS

Text A

Pre-text exercises

1. Read and learn the active vocabulary.

- Athletics [æθ'letiks] – легка атлетика
- board of referees – суддівська колегія
- cage, *n* – загороджувальна сітка
- circle, *n* – коло/круг
- cord grip – обмотка списа
- competitor, *n* / contestant, *n* – учасник змагання
- combined events – дисципліни багатоборства
- decathlon (*men*) – десятиборство (*чоловіки*)
- discus, *n* – подолати бар'єри
- discus throw, *n* – метання диска
- discus thrower – дискобол
- diving line – розподільна лінія «вуса»
- draw javelin back – відводити спис назад
- event, *n* – змагання, виступ у програмі змагання
- field events (*jumps and throws*) – дисципліни у секторі (*стрибки і метання*)
- foul the throwing circle line – за лінію сектора
- hammer, *n* – молот
- hammer throw, *n* – метання молота
- hammer thrower – метальник молота
- head/ball, *n* – куля
- heptathlon (*women*) – семиборство (*жінки*)
- in spite of – незважаючи на
- javelin, *n* – спис
- javelin throw, *n* – метання списа
- javelin thrower – метальник списа
- metal point / tip – металевий наконечник
- multiple – багаторазовий, багатократний
- Not valid! – Не зараховано!
- on your marks – положення «на старт»
- pentathlon, *n* – п'ятиборство
- pushing from place, step, jump – штовхання з місця, з кроку, зі стрибка
- pushing from a jump position to the side – поштовх із положення стрибка вбік
- reach the final – потрапити до фіналу
- shot, *n* – ядро
- shot put, *n* – штовхання ядра

- shot-putter, *n* – штовхач ядра
- shot put from the turn – техніка поштовху в стрибку
- short run up – розбіг вперед
- sector lines – лінія сектора
- spin push technique – техніка обертання
- stop board, arc – обмежувальний сегмент
- stop arc – обмежувальна дуга
- throw, throwing – метання
- throwing (*discus, hammer, javelin*) – метання (*ядра, молота, списа*)
- throwing circle – коло для метання
- throwing events – дисципліни метань
- track-and-field athletics – легка атлетика
- trial throw – пробний кидок
- (in)valid throw – (не)зарахований кидок
- violation of a rule – порушення правила
- weight, *n* – шайба
- win/gain/come out on top – здобути перемогу/ перемогти
- World Athletics – Світова легка атлетика

2. Translate without using a dictionary:

technique, throwing, include, field, international, single, distance, event, gain, performance, athletics, victory, athletes, release, speed, originally, winner, combined, team-based, range, changed, formerly, weight, core, board, landing, discipline, group, really, measured, consist, maximize.

3. Read and translate the text.

Athletics: Throwing Events

Athletics, often referred to as **track & field**, is a sport that includes a number of single or team-based events involving running, jumping, throwing or walking. The name is derived from where the sport takes place, a running track and a grass field for the throwing and some of the jumping events. Track and field events are divided into three categories: track events, field events, and combined events. Track events consist of sprints, middle-distance, long-distance, marathon, hurdles, steeplechase and relays; field events consist of jumps and throws; while combined events combine more than one other discipline: typically one of the indoor pentathlon (women), indoor heptathlon (men), outdoor heptathlon (women), or outdoor decathlon (men).

World Athletics, formerly known as the International Association of Athletics Federations (IAAF), is the international governing body for the sport of athletics and is recognized as such by the IOC. The IAAF was formed in 1912 and changed its name to World Athletics in 2019.

Throwing sports, or **throwing games**, are physical, human competitions where the outcome is measured by a player's ability to throw an object. The two primary forms are

throwing for distance and throwing at a given target or range. The four most prominent throwing for distance sports are in athletics: *shot put*, *discus*, *javelin*, and *the hammer throw*. The goal in the throwing events is to maximize the measured distance covered by the implement. The size and shape of the object is different for each category. All throwing field events start behind an arc or in a circle that must not be crossed while making throws. Throws must land in clearly defined areas, called sectors, to be valid. To protect competitors and spectators, the discus and hammer are thrown from within wire cages. The measurement is made to the nearest centimetre from the throwing line to the point of first impact. To validate a throw, the athlete must throw the object while remaining in the throwing area without crossing the throwing line. Moreover, in javelin, a throw is not valid if the tail touches the ground first. Combined events involve the same group of athletes contesting a number of different track and field events. Points are given for their performance in each event and the athlete and/or team with the highest score at the end of all events is the winner.

Discus. In the discus event the athlete stands inside a throwing circle, that is about 8 feet in diameter, turns around one and a half times and throws the discus as far as he or she can. The athlete will spin around to gain momentum and speed and then release the discus in the proper direction. The athlete's feet can't leave the circle before the discus lands or the athlete will fault and the throw won't count. The athlete that throws it furthest from the front part of the circle (and within the legal area) wins. A discus is a round plate made of wood and metal. The men's discus is a heavy disc with a weight of 2 kilograms and diameter of 22 centimetres, the women's discus has a weight of one kilogram and diameter of 18 centimetres. Originally a discus was made from stone, later the discus was made of bronze, iron or lead. The modern discus has a metal core and rim, the sides are plastic.

Javelin. The javelin is something like a spear. This event should be supervised at all levels to be sure no one is hurt. The men's javelin weighs 800 grams (28.2 ounces) and is about 8.5 feet long. The women's javelin weighs 600 grams (21 ounces) and is about 7 feet long. The javelin must be thrown a specific way for it to be a legal throw. When throwing the javelin, the athlete sprint down a runway holding a javelin to gain momentum and then must throw the javelin prior to crossing a line. The athlete cannot go over the line until the javelin lands which means the athlete needs to leave some extra space to slow down and have really good balance at the end of the throw. The athlete that throws it furthest (and within the legal area) wins.

Hammer. In the hammer throw the athlete stands inside a throwing circle, swings the hammer and at the same time spins his or her body before throwing the hammer as far as he or she can. The hammer is a metal ball on a steel wire with a handle. The men's hammer weighs 7.26 kg and measures 121.3 cm in length, and the women's hammer weighs 4 kg and 119.4 cm in length. The hammer is thrown from a concrete circle 7 feet in diameter (just like the shot put) but there is no toe board. Like the discus and the shot put, the athlete must stay in a circle until the hammer lands. The athlete spins several times to gain momentum prior to releasing and throwing the hammer. Balance is important due to the force generated by having the heavy ball at the end of the wire. The winner is the athlete who can throw the hammer the farthest.

Shot put. In the shot put event athletes throw a metal ball. The shot put is not really thrown. It is pushed up and out by the athlete. The men's shot weighs 7.260 kilograms, and the women's shot weighs 4 kilograms. The shot is thrown from a concrete circle that is 7 feet in diameter. The front of the circle has a metal board called a toe board. The athlete

cannot touch the top of the toe board or step over it during the throw. The athlete holds the shot close to his/her neck in one hand. There are two common throwing techniques: The first has the athlete slide or "glide" from the back to the front of the circle before releasing the shot. The second has the athlete spin in the circle (like the discus) before releasing the shot. With either technique the goal is to build momentum and finally push or "put" the shot in the direction of the legal landing area. The athlete must stay in a circle until the shot has landed. The athlete that throws it furthest from the front part of the circle (and within the legal area) wins.

(Originated from: Thomas, Ron. & Sydenham, Shirley. 2023. Olympic athletics - throwing [Online] [Our Sport. World Athletics])

Post-text exercises

4. Give Ukrainian equivalents to the following phrases:

- 1) a grass field for the throwing
- 2) gain momentum
- 3) a number of single or team-based events
- 4) validate a throw
- 5) sprint down a runway
- 6) protect competitors and spectators
- 7) spin in the circle
- 8) maximize the measured distance
- 9) the international governing body for the sport of athletics
- 10) crossing the throwing line

5. Form word-combinations and translate them into Ukrainian:

- | | |
|--------------------|--------------------|
| 1) proper | a) event |
| 2) track and field | b) landing area |
| 3) throwing | c) score |
| 4) gain | d) distance |
| 5) metal | e) governing board |
| 6) the highest | f) techniques |
| 7) shot put | g) direction |
| 8) international | h) ball |
| 9) the measured | i) momentum |
| 10) legal | j) sports |

6. Match the synonyms:

- | | |
|---------------------------|----------------|
| 1) athlete | a) formerly |
| 2) javelin | b) competition |
| 3) track and field sports | c) spear |
| 4) originally | d) sportsman |
| 5) sport event | e) athletics |

7. Match the antonyms:

- | | |
|--------------------|-----------------|
| 1) team-based | a) weakness |
| 2) hold | b) divide |
| 3) combine | c) go overboard |
| 4) crossing a line | d) release |
| 5) force | e) single |

8. Match the terms with their definitions:

- | | |
|----------------|---|
| 1) field event | a) a round plate made of wood and metal |
| 2) discus | b) event or series of events held over one or more days |
| 3) cage | c) a large heavy ball connected to a handle with a long chain |
| 4) competition | d) an athletic event which takes place on the field, inside the track |
| 5) hammer | e) the marked area used for discus and hammer events |

9. Write appropriate terms for the following definitions.:

- 1) a sport in which athletes participate in different running, jumping, and throwing contests
- 2) this event should be supervised at all levels to be sure no one is hurt
- 3) a field throwing event where a heavy ball is thrown for distance
- 4) any of the disciplines in athletics that combine more than one other discipline
- 5) a combined track and field event that consists of 10 different events

10. Form derivatives from the following verbs:

throw, cross, make, combine, contest, define, know, change, measure, maximize, win, involve, compete, cover, start, consist, land, divide, generate, refer.

11. Insert prepositions where necessary.

- 1) The events of athletics are divided _____ track events, field events, and combined events.
- 2) The IAAF was formed _____ 1912 and changed its name _____ World Athletics _____ 2019.
- 3) All throwing field events start _____ an arc or _____ a circle that must not be crossed while making throws.
- 4) Combined events involve the same group _____ athletes contesting a number _____ different track and field events.
- 5) The athlete will spin around _____ gain momentum and speed and then release the discus _____ the proper direction.
- 6) Balance is important due _____ the force generated _____ having the heavy ball _____ the end _____ the wire.
- 7) _____ the discus event the athlete stands _____ a throwing circle, that is about 8 feet _____ diameter.
- 8) The javelin must be thrown a specific way _____ it to be a legal throw.
- 9) The shot put is pushed _____ and _____ the athlete..
- 10) _____ either shot put technique the goal is to build momentum and finally push or "put" the shot _____ the direction _____ the legal landing area.

12. Complete the sentences with appropriate terms.

- 1) The name *A* _____ is derived from where the sport takes place, a running track and a grass field for the *t* _____ and some of the *j* _____ events.
- 2) The *j* _____ must be thrown a specific way for it to be a legal throw.
- 3) The modern *d* _____ has a metal core and rim, the sides are plastic.
- 4) The *h* _____ is a metal ball on a steel wire with a handle.
- 5) The *a* _____ holds the shot close to his/her neck in one hand.
- 6) *T* _____ must land in clearly defined areas, called *s* _____, to be valid.
- 7) In the *d* _____ - _____ event the *a* _____ stands inside a throwing circle.
- 8) The *I* _____ was formed in 1912 and changed its name to *W* _____ Athletics in 2019.
- 9) Originally a discus was made from *s* _____, later the discus was made of *b* _____, *l* _____ or *l* _____.
- 10) All throwing *f* _____ events start behind an arc or in a circle that must not be crossed while making *t* _____.

13. Match two parts of the sentences.

- | | |
|---|---|
| 1) Athletics, often referred to as track & field, ... | a) ... a concrete circle that is 7 feet in diameter. |
| 2) All throwing field events start behind an arc or in a circle ... | b) ... swings the hammer and at the same time spins the body before throwing the hammer. |
| 3) The goal in the throwing events is ... | c) ... is different for each category. |
| 4) In the hammer throw the athlete stands inside a throwing circle, ... | d) ... the discus and hammer are thrown from within wire cages. |
| 5) The goal of throwing techniques is ... | e) ... athletes throw a metal ball. |
| 6) The shot is thrown from ... | f) ... that must not be crossed while making throws. |
| 7) Originally a discus was made ... | g) ... is a sport that includes events involving running, jumping, throwing or walking. |
| 8) The size and shape of the object ... | h) ... is to build momentum and finally push the shot in direction of the legal landing area. |
| 9) In the shot put event ... | i) ... from stone, later the discus was made of bronze, iron or lead. |
| 10) To protect competitors and spectators, ... | j) ... to maximize the measured distance covered by the implement. |

14. Answer the questions.

1. How is athletics often referred to?

2. When was the International Association of Athletics Federations formed?

3. When did the name of World Athletics appear first?

4. What is the field in track and field?

5. What is throwing in athletics?

6. How are throwing events in athletics divided into?

7. To be valid throws must land in clearly defined areas, called sectors, mustn't they?

8. Do combined events involve the same group of athletes contesting a number of different track and field events?

9. Which throwing techniques are very popular in the shot put event?

10. What is the goal in the throwing events?

15. Finish the sentences.

1. Athletics, often referred to as track & field, is a sport that includes...

2. Track events consist of ...

3. The goal in the throwing events is ...

4. All throwing field events start behind an arc or ...

5. Field events consist of ...

6. Balance is important due ...

7. The shot is thrown from a concrete circle that ...

8. When throwing the javelin, the athlete sprints down a runway holding ...

9. To validate a throw, the athlete must throw the object ...

10. The IAAF was formed in ...

History of Throwing Events

1. Read the text to find the information about:

- 1) *How shot put started;*
- 2) *Throwing events in modern track and field competitions;*
- 3) *Origin of the Hammer Throw;*
- 4) *A brief history of Athletics;*
- 5) *Origin of the Javelin Throw;*
- 6) *Origin of the Discus Throw*

Athletics, also known as track and field, has a rich and storied history that dates back to ancient Greek and Roman times. The sport has evolved and grown over the centuries, with new events being added and records being broken by incredible athletes from around the world. From the first Olympic Games in Athens in 1896 to the modern-day World Championships, Athletics has become one of the most popular and exciting sports on the planet. With a long and fascinating history, Athletics will continue to captivate and inspire people for generations to come. Track and Field meets are some of the oldest sports in history and remain the core competitions of the Summer Olympic Games.

The throwing events in modern track and field competitions come from religious festivals and sports meets such as the Ancient Olympic Games of ancient Greece, and Scottish and Irish festivals. The Greeks invented the discus and javelin, while the Scots and the Irish invented the shot put and hammer. In modern times, the two most prestigious international track and field competitions are the athletics competition at the Olympic Games and the World Athletics Championships.

The discus throw, also known as disc throw, is an ancient sport, as demonstrated by the fifth-century-BC Myron statue Discobolus. Although not part of the current pentathlon, it was one of the events of the ancient Greek pentathlon, which can be dated back to at least 708 BC, and it is part of the modern decathlon. It wasn't used as a weapon in war, it's been used as an instrument of accidental death in mythology. In Homer's *Iliad*, the discus is an event at Patroklos' funeral games. It was originally made of stone, later made of bronze, iron, or lead. The ancient discus looked a lot like the ones used today. The sport of throwing the discus traces back to it being an event in the original Olympic Games of Ancient Greece. The discus as a sport was resurrected in Magdeburg, Germany, by gymnastics teacher Christian Georg Kohlrausch and his students in the 1870s. Organized men's competition was resumed in the late 19th century, and has been a part of the modern Summer Olympic Games since the first modern competition, the 1896 Summer Olympics. Today the sport of discus is a routine part of modern track-and-field meets at all levels, and retains a particularly iconic place in the Olympic Games. Women's competition began in the first decades of the 20th century. Following competition at national and regional levels, it was added to the Olympic program for the 1928 games.

The javelin was originally an offensive weapon and used like a spear as it was lighter and could be thrown rather than thrust, allowing long distance attacks against an enemy. The javelins were made from thin pieces of wood were by their nature, very unbalanced. The rotation stabilized the javelin in flight. The javelin throw was added to the Ancient Olympic Games as part of the pentathlon in 708 BC. It included two events, one for distance and the other for accuracy in hitting a target. Throwing javelin-like poles into targets was revived in Germany and Sweden in the early 1870s. In Sweden, these poles developed into the modern javelin, and throwing them for distance became a common event there and in Finland in the 1880s. The rules continued to evolve over the next decades; originally, javelins were thrown with no run-up, and holding them by the grip at the center of gravity was not always mandatory. Limited run-ups were introduced in the late 1890s, and soon developed into the modern unlimited run-up. The javelin throw has been part of the decathlon since the decathlon was introduced in the early 1910s; the all-around, an earlier ten-event contest of American origin, did not include the javelin throw. The javelin was also part of some (though not all) of the many early forms of women's pentathlon and has always been included in the heptathlon after it replaced the pentathlon in 1981.

The "hammer" used in this sport is not like any of the tools also called by that name. It consists of a metal ball attached by a steel wire to a grip. These three components are each separate and can move independently. The exact origins of the Hammer throw are a mystery to modern historians. According to legend, at the Tailteann Games in Tara, Ireland as far back as 2000 BC the Celtic warrior Culchulainn took a chariot axle with a wheel still attached and spun it around and hurled it. The wheel was later replaced by a rock with a wooden handle attached. A sledgehammer began to be used for the sport in Scotland and England during the Middle Ages. Today the Hammer throw is one of four throwing events featured in the Olympics alongside discus, shot put, and javelin. While the men's hammer throw has been part of the Olympics since 1900, the International Association of Athletics Federations did not start ratifying women's marks until 1995. Women's hammer throw was first included in the Olympics at the 2000 summer games in Sydney, Australia after having been included in the World Championships a year earlier.

The first events resembling the modern shot put likely occurred in the Middle Ages when soldiers held competitions in which they hurled cannonballs. Shot put competitions were first recorded in early 19th century Scotland, and were a part of the British Amateur Championships beginning in 1866. The shot put of men has been a part of the modern Olympics since their revival (1896), and women's competition began in 1948. Competitors take their throw from inside a marked circle 2.135 metres (7ft 0 in) in diameter, with a "toe board" or "stop board" 10 centimetres (4 in) high at the front of the circle.

(Originated from: Our Sport. World Athletics)

1. Read the text. Translate it in a written form.**Throwing Rules and Competitions**

The size, shape, minimum weight, and center of gravity of the javelin are all defined by *World Athletics* rules. In international competition, men throw a javelin between 2.6 and 2.7 m (8 ft 6 in and 8 ft 10 in) in length and 800 g (28 oz) in weight, and women throw a javelin between 2.2 and 2.3 m (7 ft 3 in and 7 ft 7 in) in length and 600 g (21 oz) in weight. The javelin has a grip, about 150 mm (5.9 in) wide, made of cord and located at the javelin's center of gravity (0.9 to 1.06 m (2 ft 11 in to 3 ft 6 in)) from the javelin tip for the men's javelin and 0.8 to 0.92 m (2 ft 7 in to 3 ft 0 in) from the javelin tip for the women's javelin.

Unlike the other throwing events (*shot put*, *discus*, and *hammer*), the technique used to throw the javelin is dictated by World Athletics rules and "non-orthodox" techniques are not permitted. The javelin must be held at its grip and thrown overhand, over the athlete's shoulder or upper arm. Further, the athlete is prohibited from turning completely around or starting with their back facing the direction of the throw. This prevents athletes from attempting to spin and hurl the javelin sidearm in the style of a *discus throw*. This rule was put in place when a group of athletes began experimenting with a spin technique referred to as "free style". On 24 October 1956, Pentti Saarikoski threw 99.52 m (326 ft 6 in) using the technique holding the end of the javelin. Officials were so afraid of the out of control nature of the technique that the practice was banned through these rule specifications.

Instead of being confined to a circle, javelin throwers have a runway 4 m (13 ft) wide and at least 30 m (98 ft) in length, ending in an 8 m (26 ft) radius *throwing arc* from which their throw is measured; athletes typically use this distance to gain momentum in a "run-up" to their throw. Like the other throwing events, the competitor may not leave the throwing area (the runway) until after the implement lands. The need to come to a stop behind the throwing arc limits both how close the athlete can come to the line before the release as well as the maximum speed achieved at the time of release.

The javelin is thrown towards a 28.96° *circular sector* that is centered on the center point of the throwing arc. The angle of the throwing sector (28.96°) provides sector boundaries that are easy to construct and lay out on a field. A throw is only legal if the tip of the javelin lands within this sector and first strikes the ground with its tip before any other part. The distance of the throw is measured from the throwing arc to the point where the tip of the javelin landed, rounded down to the nearest centimeter.

Competition rules are similar to other throwing events: a *round* consists of one attempt by each competitor in turn, and competitions typically consist of three to six rounds. The competitor with the longest single legal throw (over all rounds) is the winner; in case of a tie, the competitors' second-longest throws are also considered. Competitions involving large numbers of athletes sometimes use a *cut* whereby all competitors compete in the first three rounds but only those who are currently among the top eight or have achieved some minimum distances are permitted to attempt to improve on their distance in additional rounds (typically three).

IRISH AND SCOTTISH FESTIVALS

Both the hammer throw and shot put are products of the Scottish and Irish culture. Ireland's Tailteann Games were held from 1829 B.C. until around 1168 or 1198 A.D. Other early competitions included the Fenach Tail Lenn Games held from 500 B.C. to 500 A.D. on the Black Water in Ireland. Much of the format for modern track and field competitions, including throwing and running events, comes from Scottish immigrants who formed Caledonian clubs and hosted replicas of the traditional Highlands festivals from Scotland called the Caledonian Games.

The Caledonian Games were introduced to the United States by Scottish immigrants in the first half of the 19th century as a way of preserving the heritage of their homeland. Scottish festivals had been held in America since 1836 and the first Caledonian Club started in Boston in 1853. By 1870, there were over one hundred clubs located across the country.

After the Intercollegiate Association of Amateur Athletics was created in 1876, the first track and field meet on the collegiate level was held. This meet included running, jumping and throwing events, which were similar to the Caledonian Games at Princeton and other colleges' athletic field days. This format was similar to current track and field meets: "The inevitable conclusion is that the sport of track and field athletics in the United States owes much to its Scottish pioneers"

(Originated from: Marilyn Louise Coleman Instruction of throwing events in track and field: an historical analysis, Department of Humanities. 2005. p.7
<https://archives.njit.edu/vol01/etd/2000s/2005/njit-etd2005-005/njit-etd2005-005.pdf>)

1. Define the main idea of the text.
2. Express you attitude to the facts from the text.

COMBINED EVENTS

Combined or multi-discipline events are competitions in which athletes participate in a number of track and field events, earning points for their performance in each event, which adds to a total points score. The most common combined events are decathlon and heptathlon.

Decathlon. The decathlon by contrast is a 10-event contest. The decathlon takes two days to complete. The 100-meter dash, long jump, shot put, high jump, and 400-meter dash are held on the first day; the 110-meter hurdles, discus throw, pole vault, javelin throw, and 1,500-meter run, on the second. Scoring is based on tables that compare the performance with records in each of the ten events.

Heptathlon. The heptathlon is a seven-event contest, which awards points for each event to the participants and the one with the most points wins. The heptathlon is a two-day event for women. The 100-meter hurdles, high jump, shot put, and 200-meter dash are held on the first day; the long jump, javelin, and 800-meter run, on the second. In the 1984 Olympic Games, the women's heptathlon replaced their five-event pentathlon.

Setting and breaking records is ongoing and expected. At various times, however, experts have chosen times, distances, and heights that were thought not likely to be exceeded. Such was the 4-minute mile, which stood at 4 minutes 1.4 seconds for 20 years. On May 6, 1954, Roger Bannister of England broke through the barrier by 2 seconds with a clocking of 3 minutes 59.4 seconds. The 2-second margin was not the achievement, but bringing down the barrier was. The record has since been lowered by more than 13 seconds, in 1985.

Both men and women participate in multi-event competitions, the men in the 10-event decathlon and the women in the 7-event heptathlon, which superseded the earlier pentathlon. The competitions, which require a two-day schedule, are held basically at international meets and national championships. In the United States they also are scheduled in many college conference championships.

Each athlete is given points for performance in each event, with more points awarded for better marks. The athlete with the most total points wins. Men compete in five events each day, doing consecutively the 100 metres, long jump, shot put, high jump, and 400 metres on the first day and the 110-metre hurdles, discus throw, pole vault, javelin throw, and 1,500-metre run in that order on the second day. Women do, in order, the 100-metre hurdles, high jump, shot put, and 200 metres on the first day, followed by the long jump, javelin throw, and 800 metres on the second day.

Jim Thorpe, the great all-around American athlete, won the first decathlon, taking the 1912 Olympic Games contest, and for many years it was mostly an American event.

Bob Mathias (U.S.) won his first decathlon at age 17 in 1948 and repeated it four years later. Another two-time winner was Daley Thompson of England, victorious in 1980 and 1984. Notable in the heptathlon was Jackie Joyner-Kersey, a record setter and winner at the 1987 World Championships and 1988 Olympics.

(Originated from: <https://worldathletics.org/disciplines/combined-events/heptathlon/>
<https://worldathletics.org/disciplines/combined-events/decathlon/>)

1. Define the main idea of the text.
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SKILLS OF THE THROWING EVENTS

Success in the throws depends on the consistent performance of skills and techniques. Some of the skills required for throwing may seem unnatural at first. The summation of all forces leading up to the release of the implement directly affects the throw. Although the throwing events are similar in some aspects, the movements that lead up to the release may vary.

The shot put consists of three movements: the glide or rotation, the standing power position, and the release. Movements involved in the hammer and discus include body rotation within the boundaries of a ring and rely on centripetal forces and torque, culminating with a release. Unlike the hammer and discus, the javelin requires the athlete to build speed over a linear distance. A successful throw in any of these four events requires the transfer of explosive strength and maximal muscular force into the object in the shortest possible time.

The importance of muscular strength drives the requirement for throwers to develop leg strength in the early stages of their careers. Strength is so important for a thrower that it often becomes a limiting factor in technique development. Weaker athletes simply cannot develop and refine technique as quickly or effectively as stronger throwers can.

(Originated from: Achieve success in the Throws.

<https://canada.humankinetics.com/blogs/excerpt/achieve-success-in-the-throws>

1. Define the main idea of the text.

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WHAT MAKES A GOOD DISCUS THROWER?

Traditionally, discus throwers are tall, explained Arrhenius. That's because tall athletes tend to have long arms.

"The longer your arms are, in theory, the faster the discus is spinning", as the athlete's body and arm are spinning. Of course, height isn't the only factor that makes a discus athlete successful.

"Discus athletes tend to have good body awareness and coordination", Arrhenius added. Body awareness is important to stay inside the circle as they spin to throw. "You're spinning around at a pretty high speed, and then after you release, you have to stay in the ring. That takes coordination".

"Athletes who have had success in sports like basketball and volleyball may also excel at the discus, because often, they can jump well", Ott said. "Even though athletes don't jump to throw a discus, jumping and throwing are both about power", he said. A good discus athlete needs to not just be strong and produce force but to produce it quickly.

"Because discus is a difficult sport to learn and master, it also requires a certain type of mentality", Arrhenius said.

"I don't think you can be a good discus thrower unless you have discipline", he said. "You're going to have to have the discipline of doing, say, 10,000 throws per year, and that's not only for one year. That's year after year".

Ott said that in addition to being relentless in their discipline, great discus throwers must also have a passion for problem-solving. Perfecting their body's mechanics for the best throw is a puzzle to be solved, and a great thrower will try to tinker with those variables to find the best solution — and their best throws.

*(Originated from: Everything You Need to Know About the Discus Throw in Athletics,
<https://www.nike.com/sk/a/what-is-discus-track-and-field>)*

1. Define the main idea of the text.

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THROWING EVENT EQUIPMENT

Throwing is one of those events where people usually think of the item being used but not the accessories which complement the overall process. Hammer, Discus, Javelin, and Shot Put are the four main throwing events in the Olympic Games. Every event has items of equipment that are essential to the conduct of the event. Each type of throwable has its own requirements, which usually vary based on gender, and a range of weights, sizes, lengths, grips, colours, and so forth. All athletes require shoes that give traction and protection with minimum weight. Other items of equipment include the starting blocks used by sprinters and hurdlers, hurdles, vaulting poles, and the implements employed in the various throwing events. Therefore, it's important to consider your specific requirements before buying and that, where appropriate, a range of options are bought.

The sport of discus throwing has been around forever. In the discus throw, athletes compete to throw a heavy disc the farthest. In standard competitions, athletes throw the disc from a set circular arc and take turns in a series of throws, with the singular best effort deciding the victor. Discus throwing requires a precise yet unnatural movement, which is why it takes intensive training and diligent practice to master. Putting that science into action is easier when you understand it. Discus throwing camps focus on drills and throwing techniques that increase throw distance and overall performance.

The original shot put was nothing more than a heavy stone. The term "shot" originates from the use of round shot-style ammunition for the sport. This ancient sport has also been around forever. The shot, a metal ball, is put – not thrown – with one hand. The aim is to put it as far as possible from a seven-foot diameter circle that has a curved toe-board at the front.

Javelin throwing was essentially invented as a means of hunting with a spear. The object of the sport is for the thrower to throw the javelin, or spear, the farthest. Sounds pretty simple, right? Well, it's a little more complicated than it may seem. There are strict rules regarding throwing technique. For a throw to be legal, it has to be thrown within a sector, or designated area.

Hammer handles, hammer carriers, hammer gloves and steel hammers are just some of the hammer throw field event equipment. In the hammer throw event, a thrower makes three full, quick turns of the body before flinging the hammer. Strength, balance, and proper timing are essential. The throw is a failure if the athlete steps on or outside the circle. Qualities such as refined technique, speed and flexibility have become increasingly important to be successful in the event. An often-overlooked piece of equipment, the weight cart is especially useful for education centres where many athletes will be throwing weights.

One of the most important considerations in selecting your track and field throwing event shoe is fit. Unlike running shoes, dedicated throwing shoes for shot put, discus, and hammer are different from other track shoes – they should have a snug fit. Throwing shoes should also have a smooth bottom for the spin technique or a textured rubber outsole for better traction during the glide technique. While you are looking for a shoe that fits tightly around your foot, you also want to be sure the shoe is comfortable.

(Originated from: Throwing equipment.

<https://www.sportsmark.net/track-and-field-equipment-checklist-what-you-need/?v=79cba1185463>)

- 1. Define the main idea of the text.**
- 2. Express you attitude to the facts from the text.**

THROWING EVENT SAFETY

All of the implements that are thrown are potentially lethal weapons. In fact, many of them have their origins in ancient weapons of war. Unfortunately in the past few years we have had too many grim reminders of the dangers inherent in our events.

In 2005 an official at the USATF National Outdoor Championships in Los Angeles was struck in the head and killed by a shot during warm ups. In the spring of 2007, a masters thrower at a meet in Texas, Chaunce Cook, was killed by a discus that flew over the cage and struck him in the back of the head as he was leaving the area after completing his competition, even though he was walking well outside the sector. At an IAAF Golden League meet in Rome in summer of 2007 French long jumper Salim Sidri was impaled and seriously injured by an errant javelin thrown by world class thrower Tero Pitkamaki from Finland. Accidents do happen at all levels of competition. Each of us can name a number of additional incidents during the last few years including a few in our own association like a cut finger from a discus at the state high school meet. We all have our own personal stories of near misses and minor incidents (or worse) that we've witnessed. In just one meet in Orono, Maine at the Masters National Championships in 2007 there were no serious injuries but three major incidents. An official in the women's discus came very close to being hit, the driver of the cart delivering water to officials was nearly hit by another discus that bounced over his cart, and an official take refuge behind the steeplechase water barrier to avoid being hit by a hammer thrown well outside the sector. Near misses are indications that something is wrong and some corrective action is needed. A good safety manager will tell you as the number of near misses increases the chances of a major incident increases. Major incidents usually occur because the early warning signs are ignored. Major problems don't usually occur if one safe guard is voided but then if two are the chance are significantly greater that an injury will occur. It usually takes three safe guards being overridden. But the risk increase 10 to 100 times for each one being voided. As throwers or throwing officials we know how dangerous our events can be. Bystanders and spectators are not always as aware as we are, and it is our responsibility to inform them – sometimes very forcefully – for their own good (and our own peace of mind).

Hammer and weight throwers have a particular responsibility in this regard because even other throwers are not always fully aware of what can happen when hammer wires break or where it is safe to watch and where it isn't. A cage is an important part of the safety equation, but not all cages conform to the regulations and even regulation cages have their flaws. Non-conforming cages frequently are not high enough to contain all errant throws. Others are made using chain link fencing (which is actually a greater danger to the thrower than to spectators -- I have seen an athlete put a throw into the cage and have it ricochet back and hit him; fortunately he wasn't seriously injured. On regulation cages the netting has "give" to it and often throwers and officials are in danger when they think they are completely safe because they are standing too close to the netting. There are places where the netting has holes or weaknesses and implements have gone through even the smallest openings and caused serious injury to officials and spectators. Often netting is tied back to tightly or looped over tied downs which defeats the energy absorbing characteristics for which it was intend. The lesson in all of this is that safety must be the concern of all of us involved with the throwing events – meet planners, meet management, event officials, throwers and knowledgeable spectators. Let's all put safety first and make it our goal to completely eliminate the tragedies and near misses that horrify us and others year after year.

(Originated from: Kleeman G. Safety in Track and Field: A Guide to a safe Track & Field Meet. Part of the Pacific Association's Officials' Clinic Series. 2008. Pp.24-25 URL https://www.pausatf.org/data/2009/officials/Safety_TF_Clinic_08.pdf)

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2. Express you attitude to the facts from the text.

ABOUT THE IAAF

After 100 years of athletics excellence, the International Association of Athletics Federations is embarking on its second century with drive and determination.

Athletics, a sport that was founded in antiquity, has continued to adapt through the centuries, offering a dynamic, life-enhancing sport which is ready for the exciting challenges of the next 100 years.

On the 17 July 1912 in Stockholm, Sweden, following the closing ceremony of the Olympic Games in the Swedish capital, the International Amateur Athletic Federation (IAAF) was founded as the world governing body for the sport of track and field athletics.

During the 10 decades that followed, athletics underwent many changes which reflected the political and socio-economic evolution of the wider world. Even the IAAF's name changed, in 2001 becoming the "International Association of Athletics Federations" to reflect the growth of a professional sporting world which did not exist in 1912.

The IAAF was founded to fulfill the need for a world governing authority, for a competition programme, for standardised technical equipment and for a list of official world records. All of these requirements remain today.

Yet in an ever-changing world, international sport federations such as the IAAF need to be pro-active when trying to reach new audiences and find new hosts for their events. It is also fundamental that we fully understand that athletics is no longer just about high performance, gold medals and records, but also about "sport for all" and about ensuring that the maximum number of citizens are able to participate in athletics.

This means, of course, the thriving world of road running, which is where the majority of people actually connect directly with the world of athletics, but it is also athletics in schools, where the IAAF is keen to ensure that we reach the maximum number of children, all over the world, starting at the age of seven but also including youngsters in their teens, where the drop-off from sport is most acute.

Despite such inherent benefits, the IAAF recognises that athletics is competing for the public's attention in an ever more varied and complex media and entertainment-driven world but also that we properly embrace matters touching on social responsibility, the environment and all matters that help advance athletics as a force to change the world for good.

IAAF headquarters. The Principality of Monaco has been home to the International Association of Athletics Federations (IAAF) since October 1993. After more than 30 years in Sweden (1912-1946) and over 40 years in England (1946-1993), the IAAF moved to Southern Europe following a decision taken at the XXXIX Congress in August 1993 in Stuttgart.

The new headquarters were officially inaugurated on 10 June 1994. Many sporting personalities, including Juan Antonio Samaranch, President of the IOC, Carl Lewis, multiple World and Olympic champion, and Hereditary Prince Rainier III of Monaco, attended the opening ceremony and the President of the IAAF Dr. Primo Nebiolo, declared: "After 82 years, the IAAF has finally found its true home. Monaco has welcomed us with open arms and I hope that this city will become the city of Athletics for the whole international sporting community."

In Monaco, the IAAF is housed in two buildings. The Villa Miraflores is the executive offices of the President and is located on the Avenue St Michel in the centre of Monte Carlo. The operational headquarters are situated at 6-8, Quai Antoine Ier, which is Monaco's main port of Herculis.

The General Secretary and General Secretariat which co-ordinates and advises on the activities of the Association are based at the HQ along with seven other IAAF Departments: Broadcasting, Communications, Competitions, Development and Member Relations, Finance and Administration, Medical and Anti-Doping, and Technology & Information.

The IAAF has a staff of approximately 70 from over a dozen different nations.

(Originated from: <https://worldathletics.org/about-iaaf>)

1. Define the main idea of the text.

2. Express your attitude to the facts from the text.

OLYMPIC RECORDS IN THROWING EVENTS

Some records in throwing events have remained unbroken for more than 30 years. Throwing events are among the oldest competitions in the world and consequently found a place in the modern Olympics since the very beginning over a century ago.

While discus throw and shot put were part of the inaugural Games in 1896, hammer throw and javelin throw were added to the quadrennial event in 1900 and 1908, respectively.

As part of the track and field programme, medals will be up for grabs in both men's and women's categories of all four events at **Tokyo 2020**.

Here, we glance through the Olympic records of the four throwing events.

Javelin throw Olympic records

Men's javelin throw

Andreas Thorkildsen (Norway) - 90.57m at 2008 Beijing Olympics (August 23, 2008)

Norwegian athlete Andreas Thorkildsen won the javelin throw competition at the 2008 Olympics in Beijing with a commanding performance right from the start. However, it was the then defending Olympic champion's fifth throw of 90.57m that broke the eight-year-old record set by Czech legend *Jan Zelezny*. The effort fetched Andreas Thorkildsen his second successive Olympic gold.

Women's javelin throw

Osleidys Menendez (Cuba) - 71.53m at 2004 Athens Olympics (August 27, 2004)

A year after settling for bronze at the Sydney Games in 2000, Cuba's Osleidys Menendez went on to break the women's javelin throw world record in 2001, becoming the first female to cross the 70-metre mark with the new javelin specifications.

Osleidys Menendez then broke the Olympic record at Athens 2004, with an impressive first throw in the final that reached 71.53m - just one centimetre short of her world record. The Cuban's throw was almost six metres better than the silver medallist.

Discus throw Olympic records

Men's discus throw

Virgilijus Alekna (Lithuania) - 69.89m at 2004 Athens Olympics (August 23, 2004)

Lithuanian legend Virgilijus Alekna came to Athens in 2004 as the defending Olympic champion and was the top contender, having won the world title in 2003.

The 6 ft 7 inch Alekna finished second in the qualifying round and continued his impressive run throughout the event.

The then Olympic record holder Lars Reidel was also competing at the event. But Virgilijus Alekna's first throw (69.89m) in the final broke Reidel's record. The Lithuanian had originally finished second behind Hungary's *Robert Fazekas* but a doping violation from the Hungarian meant Alekna defended his Olympic gold.

Women's discus throw

Martina Hellmann (East Germany) - 72.30m at 1988 Seoul Olympics (September 29, 1988)

The women's discipline at Seoul 1988 saw fierce competition between two East German athletes - *Martina Hellmann* and *Diana Gansky* - as both women crossed the 70m mark. But it was Hellmann that reigned supreme and broke the Olympic record twice in the final.

Martina Hellmann topped her group in the qualifier and her first throw of 71.84m in the final broke *Evelin Jahl's* Olympic record set in 1980. Then, with her fourth throw of 72.30m, Hellmann broke the record again and finished the Seoul Olympics with top honours as Diana Gansky won silver with 71.88m.

Hammer throw Olympic records

Men's hammer throw

Sergey Litvinov (URS) - 84.80m at 1988 Seoul Olympics (September 26, 1988)

Women's hammer throw

Anita Wlodarczyk (Poland) - 82.29m at 2016 Rio Olympics (August 15, 2016)

Polish international Anita Wlodarczyk is the first and only woman to cross the 80m barrier in hammer throw history and is considered the greatest female athlete of her sport.

Coming to Rio 2016, Anita Wlodarczyk was the favourite to win gold since she held the world record, Olympic record and was also the reigning world champion.

The 2012 Olympic gold medalist started her Rio campaign by topping the qualification and broke her Olympic record in the second throw of the final. The throw was enough to fetch Anita Wlodarczyk a successive gold medal but she bettered her performance with an Olympic and world record-breaking 82.29m in the next throw.

Two weeks later, Anita Wlodarczyk broke the world record again with a superlative 82.98m throw at the Skolimowska Memorial in Warsaw.

Shot put Olympic records

Men's shot put

Ryan Crouser (USA) - 23.30m at Tokyo 2020 Olympics (August 5, 2021)

At Tokyo 2020, USA's Ryan Crouser repeated his heroics from Rio 2016 and won the gold medal, breaking the Olympic record in both editions.

Ryan Crouser produced six stellar throws, of which five were enough to win the gold. The Oregon-born athlete was the only competitor to breach the 23m mark in the final and set a new Olympic record of 23.30m in his final attempt.

Women's shot put

Ilona Slupianek (East Germany) - 22.41m at 1980 Olympics (July 24 1980). Ilona Slupianek broke the world record twice just two months ahead of the Olympics in July 1980.

(*Originated from:* Olympic records in throwing events - going the distance with a spear, disc, hammer and ball <https://olympics.com/en/news/olympic-records-throwing-javelin-discus-hammer-shot-put>)

1. Define the main idea of the text.
2. Express your attitude to the facts from the text.

Throw

Meaning: 1. n. a try; a time. 2. tv. to confuse someone.

Example: Have another throw at it, why don't you? The question really threw me. You threw me for a minute when you asked for my identification.

Give something your best shot

Meaning: to do something to the best of your ability

Example: I've never prepared Chinese food, but I'll give it my best shot. You should give it your best shot at school if you want to go to college.

Leave it all on the field

Meaning: to give maximum effort or energy in a competition

Example: "The team was exhausted but left it all on the field, winning the championship."

Level playing field

Meaning: a fair and even competition without advantages or disadvantages

Example: "With standardized testing, all students have a level playing field to showcase their abilities."

To give your best shot

Origin: Shooting sports

Sometimes we feel insecure and worried, but we want something so much that we still decide to go after it. In those situations, we must "give our best shot" – this means trying your best.

Example: "Give this audition your best shot – you won't regret it!"

Throw a curve ball

Meaning: to surprise or challenge someone unexpectedly

Example: "He threw a curve ball by presenting a new idea that nobody had considered."

Throw a Hail Mary

Meaning: to take a desperate or improbable action to achieve a positive outcome

Example: "With time running out, the quarterback threw a Hail Mary pass to win the game."

To take time out

Origin: Any sport

All of us need "a time out" once in a while: a short break in which we take time to think, reflect, get some rest or relax. When you take a time out, you stop what you are doing in order to pause and recollect your thoughts.

Example: "I plan on taking time out between college and getting a job to understand what I really like doing."

Beat the gun

Meaning: to do something before the ending signal of a game etc.

Example: We were able to beat the gun and make application to get the free basketball tickets.

Toe the line

Meaning: to accept the authority or policies of a particular group (competitors in a race line up with their toes on the starting line)

Example: The worker refused to toe the line and was fired from his job.

Have the inside track

Meaning: to have an advantage (if you have the inside track in a race you have an advantage)

Example: I had the inside track when I applied for the job at the bank.

(Originated from: <https://mingle-ish.com/idioms-and-expressions/sports-idioms-and-savings/track-and-field-phrases/>)

Athlete: a sportsperson/ any person who competes in sport at the international level (as defined by each International Federation), or the national level (as defined by each National Anti-Doping Organisation).

Athletics: *BRITISH* (the sport of competing in track and field events, including running races and various competitions in jumping and throwing); *NORTH AMERICAN* (physical sports and games of any kind).

Athletics: the sport of Athletics as defined in the Rules and Regulations including track and field, road running, race walking, cross-country running, mountain running, and trail running.

Cage: the marked area used for discus and hammer events. The cage is a metal frame covered with netting to prevent the throwing implements being thrown out of the competition area.

Chalk: ensures traction so that the athlete maintains a solid grasp on the shot.

Competition: event or series of events held over one or more days.

Decathlon: a combined track and field event that consists of 10 different events.

Discus: a round, flat, heavy object that people throw as a sport.

Discus throw: a throwing event in track and field where a metal discus is thrown for distance.

DNF: did not finish.

DNS: did not start.

DQ: disqualified from an event.

Field event: an athletic event which takes place on the field, inside the track. All jumping and throwing events are classified as field events.

Flight: a round of trials for a group of contestants.

Foul throw: is one which is counted as a trial but which is not measured (unless an immediate protest is lodged) because of some violation of the rules.

Hammer: a large heavy ball connected to a handle with a long chain that is thrown for distance.

Hammer throw: a field event in which athletes compete to throw a metal ball, known as a hammer, as far as possible across an enclosed space.

Heptathlon: a combined track and field event that consists of 7 different events.

Javelin: a lightweight, spear-like object; a track and field throwing event where a spear-like javelin is thrown for distance.

IOC: the International Olympic Committee which is the international non governmental and non-profit organisation responsible for the Olympic movement, including the Olympic Games, under the Olympic Charter.

Meet: a broad term that can be used to refer to any event in track and field.

Pentathlon: a combined track and field event that consists of 5 different events.

Qualifying competition: a separate competition in which contestants qualify for the competition proper by either making the qualifying distance or finish high enough after 3 throws to make the competition proper.

Shot: is usually made of solid iron or brass, and the appropriate shot weight varies.

Shot put: is a field throwing event where a heavy ball is thrown for distance.

Track and field: is a sport which consists running, jumping, and throwing competitions. The running events take place around a track and the field events take place on the grass in the middle of the track.

Throwing area: The shotputter must throw from within a 7-foot circle. Toward the front of that circle is a curved, 10 centimeter-high toe board to help athletes feel the frontmost boundary.

Throwing circle: the circle from which a discus, shot put or hammer is thrown. The diameter of the circle is 7 feet for the shot put and hammer, and 8 feet, 2 1/2 inches for the discus.

Throwing sports (throwing game): physical, human competitions where the outcome is measured by a players ability to **throw** an object.

Trial: an attempt in a field event.

World Athletics: the association of the Member Federations which is the international authority for the sports of Athletics worldwide, formerly known as the International Association of Athletics Federations (IAAF).

World Masters Athletics(WMA): is the worldwide governing body for the sport of *masters athletics* – which includes *track and field*, *cross country*, and *road running* events – as participated by people over 35 years of age.

(Originated from: <https://www.rookieroad.com/track-and-field/track-and-field-lingo-and-terminology/>)

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Навчальне видання

Марія ВОРОБЕЛЬ

ЛЕГКА АТЛЕТИКА
(метання)

методична розробка
з англійської мови

*для самостійної й аудиторної роботи
з теми «Спортивна спеціалізація»*

Підписано до друку 26.03.2024 р. Формат 60×84/16.
Гарнітура Times New Roman. Папір офсетний. Друк офсетний.
Ум. друк. арк. 1,66. Наклад 50 прим.
Зам. № 2818/1

ТзОВ «Галицька видавнича спілка»
вул. Тугана-Барановського, 24, м. Львів, 79005,
тел.: (032) 276-37-99.
Свідоцтво суб'єкта видавничої справи ДК № 7408 від 27.07.2021 р.

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